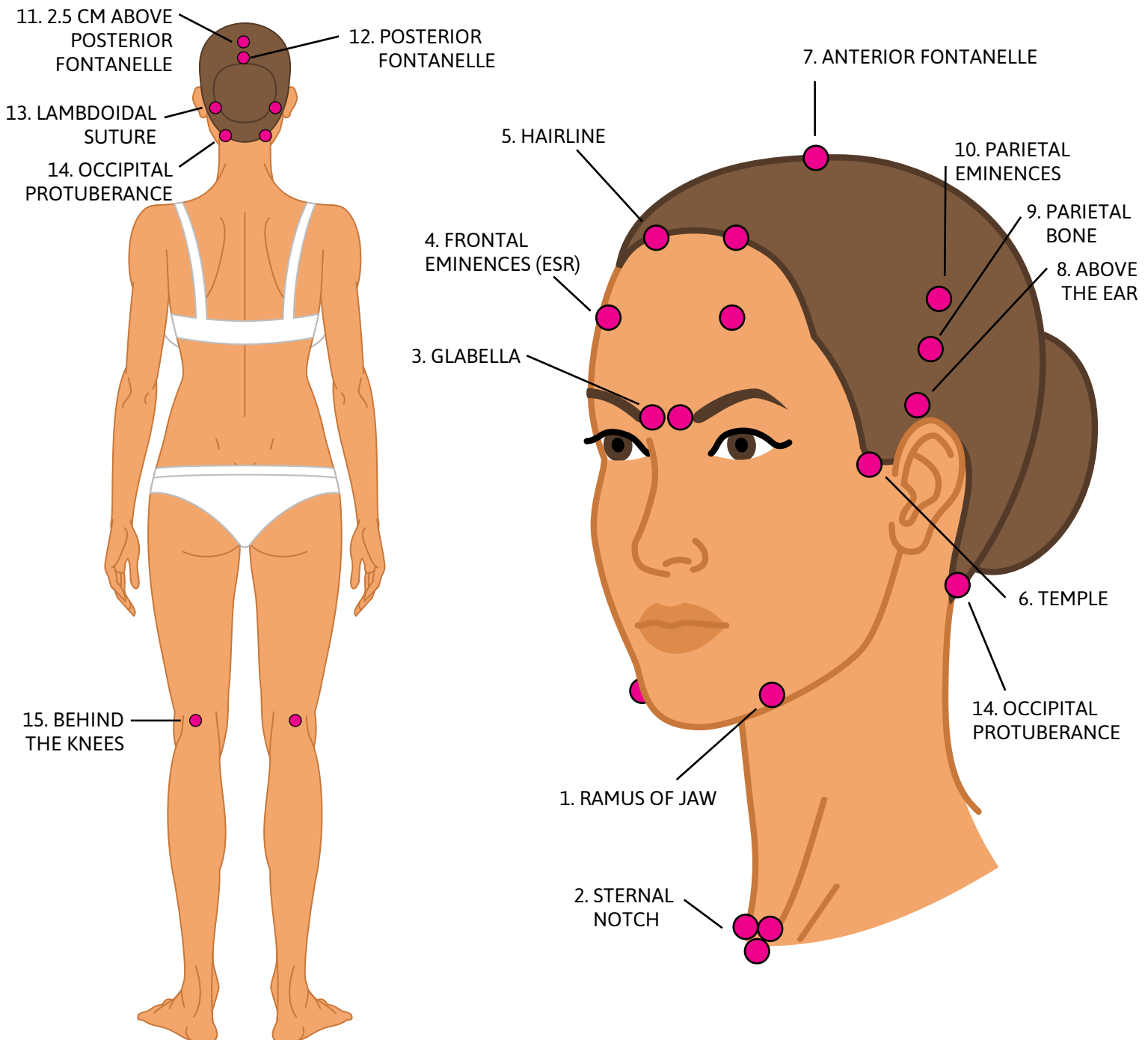


NEURO LINGUISTIC KINESIOLOGY TRAINING

NeuroVascular (NV) Holding Points



NeuroVascular (NV) Holding Points

In the early 1930s chiropractor Terrance J. Bennett discovered what came to be known as the Bennett Reflexes. These reflex points, located about the head and front of the trunk, were believed to affect the circulation of the vascular system of various organs and glands to improve many types of conditions.

The neurologic influence on blood circulation affected by Neurovascular Points (NV) appears to develop early in the embryo and unfolds with the skin during growth, to finally be present in the fully developed human being.

For the first three or four weeks, the fetus has no heart, and the mother's placental circulation is augmented by a network of fetal vascular circuits. As the tissues grow, the circuits exert slight traction on the blood vessels, causing the vessel's muscles to pulsate in an augmented fashion that aids the mother's placental circulation. At about the third month, the heart is formed, taking over part of the burden of supplying circulation to the growing fetus. The vestigial neurovascular circuits that develop in the fetus remain to be called upon for circulation control later in life.

If our muscles doesn't get proper blood circulation and the muscle's lactic acid and other products of muscle contraction are not flushed or washed out, the muscle becomes dysfunctional from its own waste products, resulting in weakness.

Stimulation of the NeuroVascular Points was shown to strengthen specific muscles.

The NV Points also act as reflex points between the meridian system and the nervous system.

The NV points can be used to reprogram your emotional and mental responses to stress and trauma. By gently holding specific NV Points with your fingers or hands and at the same time hold a specific trauma or crisis in your mind, the body can be trained to respond in a more resourceful manner and release a stress response or a pattern of thought that may have become habitual.

NV Points and their correlation to Organs and The Meridians

1. RAMUS OF JAW
Stomach

2. STERNOID
Thyroid

3. TEMPLE
Kidney, Governing, Triple Warmer

4. GLABELLA *Bladder*

5. FRONTAL EMINENCES (ESR) *Brain (main emotional stress release points) Stomach, Bladder, Central*

6. HAIRLINE *Liver,*

7. ANTERIOR FONTANELLE *Liver, Gall Bladder, Lung, Heart, Central*

8. ABOVE & BEHIND THE EAR *Spleen*

9. PARIETAL BONE *Spleen, Circulation Sex*

10. PARIETAL EMINENCES *Large Intestine, Small Intestine, Circulation Sex, Kidney*

11. 2.5 CM ABOVE POSTERIOR FONTANELLE *Spleen*

12. POSTERIOR FONTANELLE *Triple Warmer, Large Intestine*

13. LAMBDOIDAL SUTURE *Kidney, Circulation Sex*

14. OCCIPITAL PROTUBERANCE *Lung, Circulation Sex, Stomach*

Reference:

1. *Neuro Linguistic Kinesiology Student Manual*
2. *Your Energy Medicine Cabinet*, <https://yourenergymedicinecabinet.com/neurovascular-points/>